

**Get the most  
out of your health  
plan benefits.**



Your All Savers® Alternate Funding plan comes with health and wellness resources at no additional cost to you. Check out each of these resources to get started on your path to healthier.

You can learn more about each of these resources or view benefits, claims, prescription information and search for providers all at [myallsaversconnect.com](https://myallsaversconnect.com).



## Walk. Track. Get rewarded with UnitedHealthcare Motion.

UnitedHealthcare Motion® is a walking program that rewards you for your activity. Meet daily walking goals, and you may earn over \$1,000 each year to pay for qualified health care costs.\* To get you started, we'll give you \$55 for registering. Sign up at [unitedhealthcaremotion.com](https://www.unitedhealthcaremotion.com).

### Who is eligible?

Enrolled employees and covered spouses can each earn up to \$3 a day, by hitting FIT goals.

### What are FIT goals?

<b>F</b>	<b>Frequency</b> 500 steps in 7 minutes; 6 times a day, at least 1 hour apart.	<b>\$1</b>
<b>I</b>	<b>Intensity</b> 3,000 steps in 30 minutes.	<b>\$1</b>
<b>T</b>	<b>Tenacity</b> 10,000+ total daily steps.	<b>\$1</b>
		<b>\$3/day</b> <b>\$1,095/year</b>

### How do I get paid?

Every quarter all earned credits are swept into accounts according to the type of medical plan you have:

#### Health savings account (HSA) members.

FIT dollars are deposited into your HSA as a contribution to be used at your discretion. Your HSA bank account must be linked to your Motion account to receive contributions.

#### Non-HSA members.

FIT dollars are placed in a claim account. When you have a medical or pharmacy claim, we send a check to you for your portion of the claim (e.g., copays, deductible, coinsurance).

- \$20 minimum to issue check.
- 50% of any unused rewards will roll over each calendar year.

## Questions about UnitedHealthcare Motion?



**Call us at:**  
**1-855-256-8669**



**Send us an email at:**  
**[unitedhealthcaremotion@uhc.com](mailto:unitedhealthcaremotion@uhc.com)**

#### **Download the UnitedHealthcare Motion app.**

Search "UnitedHealthcare Motion" in the App Store® or Google Play® to download.



## Get started on your weight loss journey with Real Appeal.

Real Appeal® is an online weight loss program designed to help you lose weight and keep it off—at no additional cost to you. From personalized coaching to tracking tools and more, Real Appeal provides you with up to a full year of support to help achieve lasting weight loss. Sign up at [uhc.realappeal.com](https://www.uhc.realappeal.com).

## Questions about Real Appeal?



**Call us at:**  
**1-844-344-7325**



**Visit our support page:**  
**[uhc.realappeal.com](https://www.uhc.realappeal.com)**

#### **Download the Real Appeal app.**

Search "Real Appeal" in the App Store or Google Play to download.

\*An activation credit may apply to eligible members in the first year. After the second-year renewal, a device renewal credit may be available for eligible members who choose to update their device. Device renewal credit available upon third-year renewal.



## Connect to a doctor, get treated and get prescriptions 24/7 with HealthiestYou—all at no additional cost to you.

HealthiestYou™ is a virtual care service that allows you to speak with a doctor anywhere, anytime. You can connect via phone or by a face-to-face online doctor visit on your smartphone or computer using our app. Providers can diagnose, treat and prescribe medications in most cases. Sign up at [member.healthiestyou.com](https://member.healthiestyou.com).

### Questions about HealthiestYou virtual care?



**Call us at:**  
**1-866-703-1259**

To reach a physician or for account setup questions.



**Send us an email at:**  
**[help@healthiestyou.com](mailto:help@healthiestyou.com)**

**Download the HealthiestYou app.**

Search “HealthiestYou” or “HY” in the App Store or Google Play to download.



## Set goals. Track results. Create change with Rally.

Rally® is a personalized online experience designed to help you make small changes that—through simple actions you may take every day—may help improve your health. With missions built to help improve your diet and fitness, you’ll earn Rally Coins that you can use for a chance to win rewards. Sign up at [myallsaversconnect.com](https://myallsaversconnect.com).

### Questions about Rally?

Do you have a question on how to set up your Rally experience? Do you need additional support? We’re happy to help.



**Call us at:**  
**1-844-334-4944**



**Visit our support page:**  
**[rally-support.force.com/customer](https://rally-support.force.com/customer)**



**Email the Rally Support Team:**  
**[support@werally.com](mailto:support@werally.com)**

**Download the Rally app.**

Search “Rally Health” in the App Store or Google Play to download.



To help get the most out of your benefits and learn more about all your wellness resources, visit [myallsaversconnect.com](http://myallsaversconnect.com).



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UnitedHealthcare Motion is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. Receiving an activity tracker and/or certain credits and/or purchasing an activity tracker with earnings may have tax implications. You should consult an appropriate tax professional to determine if you have any tax obligations from receiving an activity tracker and/or certain credits under this program, as applicable. If any fraudulent activity is detected (e.g., misrepresented physical activity), you may be suspended and/or terminated from the program. If you are unable to meet a standard related to health factor to receive a reward under this program, you might qualify for an opportunity to receive the reward by different means. You may call us toll-free at 1-855-256-8669 or at the number on your health plan ID card, and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. Rewards may be limited due to incentive limits under applicable law. Subject to HSA eligibility, as applicable.

The Real Appeal program is provided at no additional cost to you as part of your benefit plan. Real Appeal is a voluntary weight loss program that is offered to eligible participants as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Results will vary. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

HealthiestYou is not health insurance. HealthiestYou is designed to complement, and not replace, the care you receive from your primary care physician. HealthiestYou physicians are an independent network of doctors who advise, diagnose and prescribe at their own discretion. HealthiestYou physicians provide cross coverage and operate subject to state regulations. Physicians in the independent network do not prescribe DEA controlled substances, non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. HealthiestYou does not guarantee that a prescription will be written. Services may vary by state. HealthiestYou by Teladoc® and UnitedHealthcare are not affiliated and each entity is responsible for its own contractual and financial obligations.

Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the Health Survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

The service offerings and programs of All Savers Wellness are subject to change or may be discontinued. The All Savers Wellness service offerings are not available in all states.

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